



Travel Tips for a Safe and Healthy Vacation

Vacation should be a fun and happy time. A little planning and care can help ensure that it is!

Think about your current health status.

- If you have a chronic condition – heart-related, diabetes, epilepsy - carry a notification card with you.
- Make sure you have all of the medications you will need for the entire trip; take extra in case of a delayed return. If you're flying, keep your medicine in your carry-on luggage.
- If you have any concerns, check with your doctor.
- If you're too sick to travel, stay home

Read up on your destination.

- Are there any health risks or warnings?
- Will you need any vaccinations or inoculations?
- Possibilities of natural disasters, or safety/security concerns?
- How safe is the water or food?

If you're flying –

- Avoid jet lag by:
 - drinking plenty of decaffeinated, non-alcoholic beverages, particularly water
 - get plenty of sleep before take-off
 - eat well-balanced meals, and avoid overeating
- Avoid blood clots in your legs (deep vein thrombosis), which can happen to anyone on a plane:
 - get up and walk the aisle every so often
 - stay hydrated
 - stretch your legs while seated
 - don't fly within 24-hours after scuba diving



Keep healthy once you arrive at your vacation destination.

- Use sunscreen and wear sunglasses; use insect repellents, if appropriate.
- Limit alcohol intake – NEVER drink and drive!
- Wear a seatbelt.
- Wear protective gear or clothing, when called for.
- Exercise care when it comes to food and water, particularly in foreign countries.
- Follow local laws and respect local customs.

Have fun and stay healthy while on vacation this summer!

The Web site of the Centers for Disease Control and Prevention offers extensive information for travelers. CDC.gov (www.cdc.gov) is your online source for credible health information and is the official Web site of the Centers for Disease Control and Prevention (CDC).

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